# GOODFATS BADFATS

## Avoid...

### Trans Fat

French Fries

Fresh Donuts

Vegetable shortening

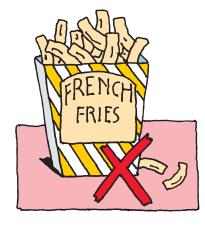
Margarine

Deep-fried foods

Many fresh baked foods

(pies, cookies)

Some packaged snacks and candy



## Eat less...

#### Saturated Fat

Butter

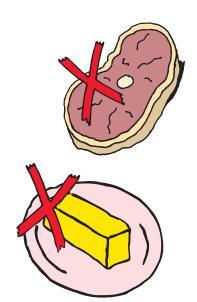
Whole Milk

Cream

Red Meat

Dessert (cake, ice cream)

Animal skin (chicken, turkey)



## Eat...

### **GOOD Fats**

Oily fish (salmon, trout)

Olive oil

Nuts

Canola oil

Avocado

Soybean or Corn Oil



Always read the Nutrition Facts label on foods when you shop. Your goal is not a fat-free diet, but a diet low in bad fats.

Eating healthy foods, every day, is one of the best ways to control diabetes!